



You are in the mount position.



As your opponent tries to push you away you grab hold of his wrist.



You then push his arm to the floor.



You place your elbow next to your opponents' head



Keeping his arm on the floor with your left arm, you start to push your right hand under his arm.



You then grab hold of you own wrist.



Now you pull his elbow up, to make the lock.



Or you pull his elbow towards you knee for more leverage.